

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 9: Top Ten Most Commonly Consumed Fruits and Vegetables (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did you/your child eat/drink in this category?

Fruits							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Apples	Apples	Apples	Apples	Orange Juice	Apples	Orange Juice
2nd	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Oranges	Orange Juice	Apples
3rd	Bananas	Bananas	Oranges	Bananas	Apples	Oranges	Fruit Juice
4th	Apple Juice	Fruit Juices	Apple Juice	Apple Juice	Apple Juice	Apple Juice	Bananas
5th	Oranges	Apple Juice	Strawberries	Strawberries	Bananas	Bananas	Strawberries
6th	Strawberries	Oranges	Oranges	Fruit Juices	Grape Juice	Strawberries	Mixed Fruit
7th	Fruit Juices ¹	Strawberries	Fruit Juices	Oranges	Strawberries	Peaches	Oranges
8th	Peaches	Applesauce	Peaches	Applesauce	Grapes	Fruit Juices	Peaches
9th	Applesauce	Peaches	Applesauce	Peaches	Peaches	Pears	Applesauce
10th	Pears	Pears	Pears	Pears	Fruit Juice	Grapes	N/A ⁷
Vegetables							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Green Salad ²	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
2nd	Tomato Sauce ³	Carrots	Tomato Sauce	Tomato Sauce	Tomato Sauce	Carrots	Tomato Sauce
3rd	Carrots	Tomato Sauce	Corn	Carrots	Corn	Tomato Sauce	Corn
4th	Corn	Corn	Carrots	Non-Fried Potatoes	Green Beans	Corn	Mixed Vegetables
5th	Non-Fried Potatoes ⁴	Non-Fried Potatoes	Non-Fried Potatoes	Corn	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Carrots
6th	Green Beans ⁵	Green Beans	Green Beans	Green Beans	Carrots	Non-Fried Potatoes	Non-Fried Potatoes
7th	Veggies on Sandwich/Taco ⁶	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Broccoli	Non-Fried Potatoes	Green Beans	Green Beans
8th	Broccoli	Broccoli	Green Peas	Veggies on Sandwich/Taco	Cabbage	Cucumber	Green Peas
9th	Green Peas	Green Peas	Broccoli	Green Peas	Lettuce	Green Peas	Broccoli
10th	Tomatoes	Cucumber	Tomatoes	Tomatoes	Mixed Vegetables	Broccoli	Onions Cabbage

¹Fruit Juices include any unspecified fruit juice or any 100% combination fruit juice, such as Juicy Juice

²Green Salad includes tossed salad, lettuce salad, lettuce tomato salad, mixed vegetable salad, reported unspecified vegetable salad and all other salads

³Tomato Sauce includes pizza sauce and spaghetti sauce

⁴Non-Fried Potatoes includes baked potato, mashed potato, scalloped potatoes, potato salad, and reported unspecified potatoes

⁵Green Beans include green beans, string beans, beans unspecified, and all other beans

⁶Veggies on Sandwich/Taco includes reported lettuce, tomato, or other vegetables on sandwich, taco, burrito, etc

⁷N/A reported due to 7 way tie between grapes, pears, pineapple, cranberry juice, grape juice, unspecified fruit, and kiwi
Shaded boxes or a box around a group were tied for a ranking.